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Third Ottawa man facing terror charges

Suliman Mohamed. Police say arrest related to the arrests of Larmond twins



JOE LOFARO
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The RCMP have arrested a third Ottawa man on terrorism-related charges.

Suliman Mohamed, 21, was charged with participating in the activities of a terrorist group following an arrest made by the RCMP's Ottawa Integrated National Security Enforcement Team (INSET).

Police say this arrest is linked to the Jan. 9 arrest of twin brothers Ashton and Carlos Larmond. The brothers lived in the Overbrook area of Ottawa and were the subject of a lengthy national security investigation by the RCMP.

Because of the purported link between the three men, Mohamed was also charged with conspiracy to participate

in terrorist activity with the other two accused.

The RCMP thanked Ottawa police and the Ontario Provincial Police for their assistance in the investigation.

In a news release Monday, Chief Supt. Jennifer Strachan, criminal operations officer for the RCMP in Ontario said the arrests "underscored the reality that there are individuals in Ontario and in Canada who have become radicalized to a violent ideology, and who are willing to act upon it."

The release stated that thanks to the collaboration between INSET and its partners, "we are in a better position to target these threats and protect the Canadian public."

The RCMP urged citizens to remain vigilant and to report any information on terrorism or suspicious activities to the National Security Information Network at 1-800-420-5805 or by contacting the police in their community.

As the matter is before the courts, the RCMP said it would not disclose any further details.

HAITI: FIVE YEARS LATER

Ottawa doctors with Team Broken Earth are volunteering in Haiti this week, as the world remembers the fifth anniversary of the earthquake. Although the Caribbean nation received many pledges of help, local aid workers say the country has fallen out the global spotlight, and is still facing challenges. See stories, pages 4 & 9. **FACEBOOK**

THE BOLD NEW CAMRY



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City looking for ways to curb gang violence

Crime strategy. Police chief says there's a 'gap' in ways they try to keep gang members from getting back into crime after getting out of jail



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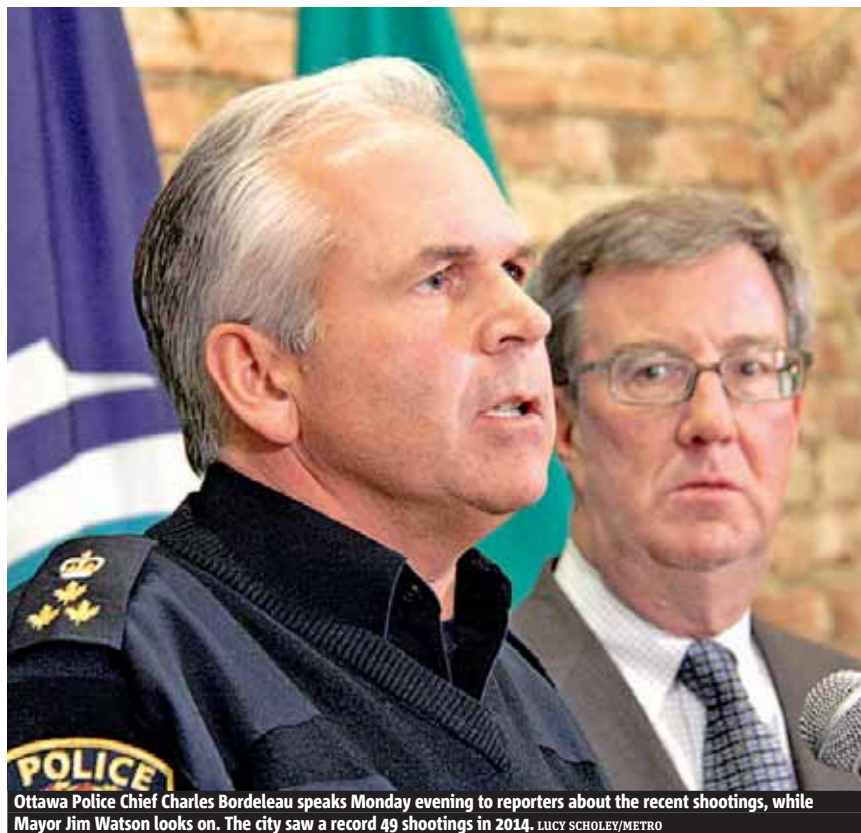
After a record number of gang-related shootings last year, Ottawa is looking at ways to keep gang members from returning to crime after leaving jail.

"There is a gap in dealing with the young male adult coming out of jail or being arrested by the police service," said Ottawa Police Chief Charles Bordeleau on Monday after meeting with Mayor Jim Watson, MPP Yasir Naqvi and OPS board chairman Eli El-Chantiry.

"There are no services there ... to support them in trying to get out of the gang."

Drug turf wars, property disputes, lack of gang leadership due to recent arrests and even fights over girlfriends have been the causes of shootings in recent weeks, said Bordeleau, noting they were all targeted shootings.

The city has asked staff to review programs on how to dissuade young people from joining gangs and keep existing members from returning to crime after spending time in jail. Currently, the police use exit strategies to "engage with" those who have



Ottawa Police Chief Charles Bordeleau speaks Monday evening to reporters about the recent shootings, while Mayor Jim Watson looks on. The city saw a record 49 shootings in 2014. LUCY SCHOLEY/METRO

been arrested or are victims of gang-related shootings. An "intimidation factor" makes it tough for gang members to get out, said Bordeleau.

Apart from the exit strategies, Bordeleau is confident the Ottawa Police Service's actions to date — including redeploying resources from other units to its Guns and

Gangs division and heavier street patrols — will help address gang violence. He lauded the police's efforts in identifying the shooting suspect in the Boxing Day shooting at Tanger Outlet Mall.

Last year's record of 49 shootings is just a "one-year spike" and not a trend, said Bordeleau and Watson.

"There are going to be no words that are going to be able to comfort those people in the communities that have seen gun violence on their street or in their parks or outside of school, but we can do our best to ... (give people) peace of mind that we are committed to working on a holistic solution," said Watson.

Cornwall rink can stay for one year

The Vincent kids in Cornwall have got their hockey rink back — for now.

More than a dozen volunteers showed up at Laura and Brian Vincent's home to help rebuild the rink after the city ordered the family to dismantle the boards, as they violated road-allowance bylaws.

Cornwall Mayor Leslie O'Shaughnessy told Metro the family was never ordered to dismantle the ice surface, only the boards — but just hours after the boards were removed, the ice cracked down the middle and collapsed.

"The boards are gone, but



From left: Brian and Laura Vincent pose on their rebuilt outdoor hockey rink with Cornwall Coun. Justin Towndale. JAMIE GILCIG/CORNWALL FREE NEWS

we had a lot of volunteers show up and help," said a grateful but emotionally drained Laura Vincent on Monday.

Municipal crews showed up

with backhoes in early January to dismantle the rink boards, as they violated three city bylaws: road allowance, property standards and front-yard setbacks.

O'Shaughnessy said the boards were anchored by stakes that were driven into the ground on land that could contain high-voltage electrical and telephone wires, explaining it was a safety issue.

The Vincents can keep the rink up for this season but will have to relocate it next year.

O'Shaughnessy said the incident, which has attracted national media attention, has left a "black eye" on Cornwall, and his council is now working on an awareness campaign to show the public why bylaws are bylaws.

TREVOR GREENWAY/METRO

Ottawa School of Art

Police ask public to help identify break-in suspect

Ottawa police have released surveillance footage of a man who they allege broke into the Ottawa School of Art on George Street and are hoping the public can help identify him.

The incident happened in the overnight hours of Dec. 17, according to police.

The suspect is described as a Caucasian male in his early 20s with a stocky build, weighing 180 pounds with red hair and a fair complexion. He was wearing a white T-shirt under a red plaid button-up shirt and a green plaid jacket.

Anyone with information is asked to call Ottawa Police's Central District break-and-enter Det. Shane Henderson at 613-236-1222, ext. 4533.

JOE LOFARO/METRO



Police investigating a Dec. 17 break-and-enter at the Ottawa School of Art want to identify this man. CONTRIBUTED

Bundle up

Ottawa issues frostbite warning

Just when Ottawa feels relief from the subzero cold, the city issues a two-day frostbite advisory.

Temperatures are expected to drop to -23 C Monday night with a wind chill of -32 C, according to Environment Canada. Despite Tuesday's sunny skies, the air will feel like -33 C. A low of -19 C is expected for Wednesday.

Ottawa Public Health issued a frostbite advisory from Monday night until Wednesday.

A frostbite advisory is in effect when a wind chill of at least -25 C is predicted.

Wear two pairs of wool socks, a scarf over the frostbite-vulnerable chin, lips and cheeks and an extra pair of mittens, recommends Ottawa Public Health. LUCY SCHOLEY/METRO

Dwindling enrolment could shutter Munster Elementary

Education. Attempt to incorporate French immersion into school curriculum not enough to bolster numbers, so school may close



TREVOR GREENWAY
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French immersion couldn't save Munster Elementary School.

Officials at the Ottawa Carleton District School Board (OCDSB) tried to boost dwindling numbers at the school just south of Ottawa by implementing an early French immersion course, but with just 50 students enrolled this year, the board is recommending that the school be closed next year.

"Implementing early French immersion at Mun-

ster would not be easy," said OCDSB superintendent of facilities Mike Carson.

"There were a lot of people who were very satisfied with their program at the school they were attending and even if we did establish a Munster boundary for early French immersion, that by itself wasn't going to be a strong program, either."

It's not a typical school closure, as the building will remain open in the "short term" to serve the community after hours.

Carson said the school's current students would be bussed to either A. Lorne Cassidy where there is an early French immersion course or parents would also have the option of sending the kids to Richmond Public School where a number of Munster students' siblings go.

"We understand that it's never easy to move your children," noted Carson,

adding that while the commute would be longer, no student would spend more than 30 minutes on the bus in the morning.

"But we are trying to recognize that if you do have kids in different programs, at least they are attending the same school."

In 2005, Munster boasted an enrolment of 190 kids — a whopping 75 per cent drop to this year's 50 pupils.

There are only two students in junior kindergarten and another nine in senior kindergarten, and Carson expects the situation to get even worse.

"You reach a point where people will just choose not to send their kids maybe for kindergarten, or they will look for other alternatives, once you get to numbers that small," he added.

There will be more discussion at the board's meeting this month before a final decision is made at the end of February.



The Ottawa Carleton District School board is recommending that Munster Elementary School be closed due to low enrolment. OTTAWA CARLETON DISTRICT SCHOOL BOARD

Maintenance worker dies in fall at adult high school



St. Nicholas Adult High School GOOGLE STREETVIEW IMAGE

The Ministry of Labour is investigating the death of a maintenance worker who was working with equipment outside the St. Nicholas Adult High School on Friday.

Paramedics say Luc Charron suffered serious head trauma and was found without vital signs when they arrived shortly after noon at the school on Admiral Avenue. He was rushed to hos-

pital where he succumbed to his injuries, according to paramedic spokesman, J. P. Trotter.

Janet Deline, speaking on behalf of the ministry, said Charron was working with an "aerial lift" at the time of the incident, although she did not have information about what he was using it for.

As a result, the ministry issued two orders to the Ot-

tawa Catholic School Board to ensure equipment is moved and transported in a safe manner and to ensure work surfaces are free of hazards, specifically ice and snow.

The investigation is ongoing.

School board spokeswoman Mardi de Kemp said the OCSB is co-operating with the ministry.

She said no students were

involved in the incident and it did not happen near a classroom.

"Counselling support is available for M. Charron's co-workers, friends, staff and the adult students. The thoughts and prayers of the Ottawa Catholic School Board community go out to the Charron family," the board said in a statement.

JOE LOFARO/METRO



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'There's a strong connection between Canada and Haiti'

Five years after the deadly quake. Need for help still great, yet support has dwindled, say aid groups



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When Dr. Andrew Furey travelled to Haiti in May 2010 to treat patients following the tragic earthquake, he says the piles of rubble was comparable to the snow banks of his Newfoundland home.

Five years later, his Ottawa colleagues with Team Broken Earth are in Port-au-Prince carrying on the organization's ongoing work.

"(Haiti) still has a long ways to go to even get back to where it was before the earth-



A demonstrator holds up a leaflet that shows an image of former president Bill Clinton, asking where the aid money for reconstruction went, in Port-au-Prince, Haiti, Saturday, during a protest calling for the resignation of Haiti's President Michel Martelly. DIEU NALIO CHERY/THE ASSOCIATED PRESS

quake," he said. The fifth anniversary of the disaster that killed nearly 230,000 Haitians — by some estimates closer to 300,000 — and displaced 1.5 million people is not the rea-

son this Ottawa medical team is down south for a week.

Despite the tragedy's disappearance from headlines, the work in Haiti has been ongoing for many international

organizations and NGOs. For Team Broken Earth — which has five medical chapters across Canada — its efforts are obviously less about treating earthquake injuries and more

about the day-to-day illnesses and trauma in the city of two million people.

With no government funding, Broken Earth relies on online donations to pay for its

doctors' trips.

Kaleem Akhtar, executive director of the Ottawa-based charity Human Concern International, which also relies on donors for its development projects worldwide, said the "big-time support" for Haiti poured in after the earthquake.

Human Concern still has small education and agricultural programs in Haiti, but their efforts are stretched thin, said Akhtar.

Although Haiti has fallen from headlines, there's still a "gigantic" need to help people in Port-au-Prince, added Furey.

"Haiti is right in our backyard," he said. "There's a strong connection between Canada and Haiti. It can be a better place, it just needs help and I think Canada can lead the way in helping."

FOR MORE HAITI COVERAGE, GO TO PAGE 9

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Playing their music and working 9 to 5

Reg Allen has never made it huge as a musician.

He's never toured Europe playing stadium shows to thousands of screaming fans, he's never had an epic fight with his bandmates on the road and he's never had to live for months out of the back of a tour van.

And he's totally OK with that.

"We all have 9-to-5 jobs and just love to play live music," said Allen, bassist for Ottawa punk band Good2Go. "We are not sleeping in the back of a van for months, we are just playing local shows at local clubs and selling local CDs and we love it."

The band has been rocking the Ottawa punk scene for 15 years — thrilling their modest audiences with high-octane shows that keep the loyal 150 or so fans coming back for more. The band is playing House of Targ — complete with perogies and pinball — Jan. 31.

Allen and crew, which features the dynamic Miss Maureen on vocals, guitar-



Ottawa punk band Good2Go, featuring vocalist Miss Maureen, play House of Targ Jan. 31. COURTESY SANDY SHARKEY

ists Christian Lapensee and Glen Russell and drummer Gilles Mantha, have watched the indie music landscape drastically morph over the last decade and a half — witnessing indie rock go from loud, raucous garage music with bands like the Replacements and Hüsker Dü to more melowered-out tunes from the likes of Arcade Fire, Spoon and MGMT.

Allen says he misses when indie punk encompassed bands like the Ramones, the Clash and Iggy

and the Stooges.

But don't expect a full-on tympanic assault all night at House of Targ, as Good2Go usually changes things up during their live sets, taking audiences up and then down, only to go back up again — music to keep you entertained.

"We will throw in a country song, or the odd jazzy-sounding tune," said Allen. "But it's mostly a high-octane, high-energy show."

Tickets are \$8 with doors opening at 9 p.m.

TREVOR GREENWAY/METRO

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ADVERTISING FEATURE

OVER 1000 CANADIANS HEAD TO ECUADOR FOR THEIR RETIREMENT

The trend is not new: each year, thousands of Canadians flee the cold and the snow, heading south to sun destinations for weeks or months at a time. But for the most part, only the most adventurous dare to take the next big step and acquire their own property outside of Canada.

GUIDANCE AND SUPPORT: KEY FACTORS

The Canadian company HolaEcuador understood the challenges faced by Canadian snowbirds and now facilitates the sun property acquisition process. After having visited Mexico, Costa Rica and Panama, company co-owners Yves Cormier and Gordon Poole chose Ecuador as the ideal location. The quality of the country's infrastructure, incredible biodiversity, low cost of living, beautiful landscapes, accessible and modern healthcare system and year-round mild climate were the decisive factors.

"Since 2010 we have helped hundreds of Canadians acquire a property on the Pacific coast of Ecuador", says M. Cormier, VP Sales and Marketing. "We are literally creating an entire seaside village. Of the 1,700 properties that we had available at the start of the project, only 700 remain unsold. And now with the majority of the site infrastructure completed, home construction is ramping up quickly."



Mr. and Mrs. Oulianov from Ottawa, purchased their property in HolaEcuador's urban development. "The ability to sign a Canadian contract was reassuring for us", indicates Mrs. Oulianov. "Furthermore, the HolaEcuador representatives here in Gatineau answered all our questions and helped us throughout the entire purchase process. The whole experience was very positive!" The following comments were shared by Mrs. Boucher from Gatineau, who felt reassured by



Mr. and Mrs. Oulianov, HolaEcuador Clients



the progress of the construction of her house and the project in general: "What was promised, was delivered! The project is moving forward quickly and the promoters work with the utmost precaution and make the proper decisions.", she adds.

GOOD TIME TO INVEST

For now, Ecuador remains a relatively well-kept secret. Properties in Ecuador are much more affordable than in similar tourist destinations, which is one of the main reasons that Canadian travellers and investors are flocking to the region. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place" confirms Mr. Poole. "Further, the Ecuadorian government is very stable and the currency is the US dollar, which is also very reassuring for investors.", he adds. All that said, prices are rising quickly with the current real estate boom in the region. The Oulianovs wanted to act quickly and take advantage of the favourable market. "The development itself is spectacular - an endless beautiful beach, lots of parks and gardens, services available right on the site, and a ton of activities available in the region. We're convinced that this will be a fantastic community in a secure and comfortable environment."

TO GET MORE INFORMATION

"At HolaEcuador's informational seminar I was pleased to discover the high level of professionalism of the developers and the overall quality of the project. In addition to providing lots of interesting information about Ecuador in general, Mr. Poole also provided an in-depth look into this residential project and he took the time to answer numerous questions from the participants. The information that was provided at the seminar left me with a great deal of confidence to take the next steps in realizing my dream." says Al Hendley, a client in Ottawa.



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Beach Properties

International push. Probe missing, murdered native women cases: Rights group

An international body has joined Canadian domestic calls for a national inquiry into missing and murdered aboriginal women and girls.

A report from The Inter-American Commission on Human Rights (IACHR), an arm of the Organization of American States, says an inquiry or national action plan is needed to get at the root of the problem.

The report, issued in Washington, followed an investigation the commission conducted in Canada in 2013. The body spoke with government officials, opposition politicians and native representatives in both Ottawa and British Columbia.

"The IACHR considers that there is much more to under-

Activists react

Canadian activists who have been pressing the federal government for just such an inquiry welcomed the report.

stand and to acknowledge in relation to the missing and murdered indigenous women," the report said. "This initiative must be organized in consultation with indigenous peoples, particularly indigenous women, at all stages."

The report said aboriginal women in Canada are murdered or disappear at a rate four times higher than their representation in the population. **THE CANADIAN PRESS**

Taser death. Perjury case against Mounties to proceed

An RCMP officer who stunned Robert Dziekanski with a Taser at Vancouver's airport lost an attempt Monday to dismiss a perjury charge related to his testimony at a public inquiry.

Const. Kwesi Millington was among four officers who confronted Dziekanski during his fatal encounter with police in October 2007. All four were later charged with perjury over their testimony given at a public inquiry two years later.

The Crown, which alleges the officers colluded to lie to investigators and then perjure themselves at the inquiry, wrapped up its case against Millington late last year.

Millington's lawyer then made an application to end the trial and throw out the charge, arguing the Crown had produced no evidence that could



RCMP Const. Kwesi Millington
DARRYL DYCK/THE CANADIAN PRESS

support a conviction.

But B.C. Supreme Court Judge William Ehrcke said the Crown had put forward some evidence that, if true, could support a guilty verdict, though he cautioned that his ruling had no bearing on whether Millington would eventually be convicted or acquitted. **THE CANADIAN PRESS**



Three climbers found dead in B.C.

A rescue-crew member heads to a helicopter in Pemberton, B.C., north of Whistler, on Monday to search for three missing ice climbers. The climbers were eventually found dead in a crevasse about 300 metres below Joffre Peak. Police are not releasing the names of the victims but described two of them as a man and woman in their mid-30s from the Metro Vancouver area and the third as a woman in her late 20s who was an international visitor. **DAVE STEERS/THE CANADIAN PRESS**

Lac-Mégantic families to get 'very little': Official

A \$200-million US settlement. Only a fraction of settlement set to go to victims' relatives

The funds earmarked for those affected by the Lac-Mégantic train disaster represent just a fraction of what's needed, a town official says.

A \$200-million US settlement was announced last week, with more than one-half of the money going to various levels of government.

As it stands, about \$50 million is destined for relatives of the 47 people who died in the July 2013 disaster, although

the amount could rise.

Given the magnitude of the tragedy, the town's deputy mayor says what seems like a large sum of money isn't very much.

"Two hundred million can seem like a lot of money but in my opinion, it's very little," Richard Michaud said. "Much more than \$200 million has been injected by the federal and provincial government to decontaminate the devastated territory alone, and we're not even talking about reconstruction."

A runaway train hauling tanker cars loaded with volatile crude oil broke loose and barrelled into the town in the early morning hours of July 6, 2013,

Quoted

"It will help the families and the governments — but it's not an astronomical sum."

Richard Michaud, deputy mayor of Lac-Mégantic

before derailling and exploding.

The families of the victims will share in the settlement money, which is "very little considering there are more than 20 orphans who must rebuild their lives," Michaud said.

The settlement involves the Montreal Maine and Atlantique Canada Co., its insurance carrier, rail-car manufacturers

and some oil producers. Three major companies have declined to participate — World Fuel Services, Canadian Pacific Railway and Irving Oil.

U.S. bankruptcy trustee Robert Keach, a court-appointed trustee in the defunct railroad's bankruptcy case in Maine, said the draft sets aside about \$50 million of the \$200 million pool for wrongful death claims, which could increase through a reallocation of the federal government's share to as much as \$57 million.

Up to \$29 million could go to property damage, while another \$19 million could go to bodily injury and moral damage claims, Keach said.

THE CANADIAN PRESS



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Dentistry students head to class amid probe

Dalhousie University. Dental clinic also reopens after delay

Students headed back to class at Dalhousie University's dentistry school Monday, with some men ordered to study elsewhere because of sexually violent comments made on Facebook about female classmates.

Students refused to comment as they went into the school for their first classes since the holiday break. The resumption of school was delayed by a week as the university dealt with the controversy.

Dalhousie University president Richard Florizone said Friday that 13 male dentistry students will have to attend classes remotely after they were alleged to be part of a Fa-

cebook group that contained misogynistic comments.

The university also delayed the reopening of a dental clinic at the school and stripped the 13 male students of their clinical privileges there.

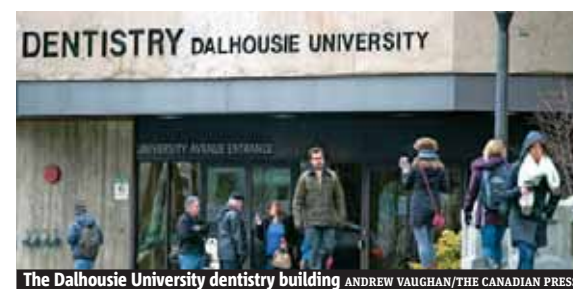
Patients going to the clinic Monday had mixed feelings about the incident, with some saying the male students should be expelled while others said they should be allowed to

finish their studies.

The student union has said it reported complaints of sexism in the dentistry program to the president last summer and were referred to the university's human rights, equity and harassment prevention office.

The union says the matter was dropped when the office said complainants would have to provide their names.

THE CANADIAN PRESS



The Dalhousie University dentistry building ANDREW VAUGHAN/THE CANADIAN PRESS

Silicone. Woman pleads guilty to bad injections

A Toronto-area woman who injected silicone into the buttocks of nine women — in some cases using syringes attached to a caulking gun — has pleaded guilty to aggravated assault.

Marilyn Ely Reid, 48, was arrested in November 2012 after a 28-year-old woman fell ill after receiving alleged Botox injections. Police said the woman underwent surgery to have the substance removed.

Investigators at the time alleged Reid advertised buttock, lip and muscle augmentations and Botox injections on a website called pmmainjection.com.

Several other victims came forward after her arrest.

Her lawyer, Calvin Barry, said Monday several of the women have had "serious health issues" ever since the

Charges

Marilyn Ely pleaded guilty to eight counts of aggravated assault endangering life — one count was withdrawn — and is due back in court on Feb. 27.

procedure, which his client was not licensed to perform.

Reid administered the injections with syringes, Barry said.

One of the women — none of whom can be identified due to a publication ban — is still unable to sit down, he said.

Barry said the Crown is seeking a nine- to 10-year sentence, but he is arguing his client should get sentenced to time served because she is remorseful. THE CANADIAN PRESS

Assisted suicide case

Latimer can't travel abroad, parole board rules

The lawyer for Robert Latimer says his client is appealing a parole board decision that prevents him from travelling freely outside Canada.

A federal court judge ruled in September that there was nothing to indicate the 60-year-old Saskatchewan farmer is a danger and should be prevented from travelling internationally.

The judge ordered the Parole Board of Canada's appeal division to reconsider the case. But in November, the board said it wouldn't lift the restriction.

Latimer was given a life sentence for the 1993 second-degree murder of his 12-year-old daughter, Tracy, who had severe cerebral palsy. He has said he wanted to end his child's chronic pain. THE CANADIAN PRESS

Frederic Dion

Quebecer returns after solo trip to Antarctic

Frederic Dion's biggest challenge on his solo trip to the Antarctic had nothing to do with the solitude, the bitterly cold temperatures or the howling winds.

It was the thought of his wife and two young daughters back in Quebec.

"Putting up a tent in a blizzard is something I can do and have fun doing. But being far from my children and wife was my biggest difficulty," he said after arriving back in Montreal on Monday.

Dion, 37, made the trip to the Antarctic on skis with the help of wind-sail.

He ended his voyage at Hercules Inlet on Jan. 3, completing in 54 days and six hours the crossing of Antarctica that he began on Nov. 10 from the Russian Base Novolazarevskaya.

THE CANADIAN PRESS

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U.S. military

Central Command sites hacked

Hackers claiming to be working on behalf of Islamic State militants seized control of the Twitter and YouTube sites of the military's U.S. Central Command on Monday, but the Pentagon swiftly suspended the sites and said no classified material was breached.

THE ASSOCIATED PRESS

Crashed AirAsia jet

Flight data recorder pulled up from sea

Investigators trying to figure out why AirAsia Flight 8501 crashed into the Java Sea on Dec. 28 might now have the tools they need to provide answers.

On Monday the flight's data recorder was pulled up from the bottom of the shallow sea. The cockpit voice recorder was also

located but had not yet surfaced. It could take up to two weeks to analyze all the data on the so-called black boxes. Based on past crashes, the information retrieved could be vital.

The two separate devices — actually orange boxes designed to survive extreme heat and pressure — should provide investigators with a second-by-second timeline of the plane's flight.

THE ASSOCIATED PRESS

Pakistan

School reopens a month after Taliban massacre

Pakistani children returned on Monday to the school where Taliban gunmen killed 150 of their classmates and teachers last month, clutching their parents' hands tightly in a poignant symbol of perseverance despite the horrors

they had endured.

It was the first time the school had reopened since the assault, and security was tight. The nation has been reeling from the Dec. 16 terrorist attack in Peshawar — one of the worst Pakistan has experienced. The violence carried out by seven Taliban militants heaped pressure on authorities to end the stubborn insurgency that kills and maims thousands every year. THE ASSOCIATED PRESS



Mohammad Baqair on his way to the military-run school where his mother, a teacher, was killed during an attack, in Peshawar, Pakistan, Monday. THE ASSOCIATED PRESS

France hunts for accomplices to 3 dead extremist attackers

Mission to protect sensitive sites. Country mobilizes 10,000 troops

As many as six members of a terrorist cell involved in the Paris attacks may still be at large, including a man who was seen driving a car registered to the widow of one of the gunmen, police officials said Monday.

Two French police officials told The Associated Press that authorities were searching the Paris area for the Mini Cooper registered to Hayat Boumeddiene, the widow of Amedy Coulibaly. Turkish officials say she is now in Syria.

The French police officials spoke on condition of anonymity because they are not authorized to discuss details of the investigation with the news media.

France deployed 10,000 troops to protect sensitive sites — including Jewish schools and neighbour-

Anti-Islam rally

German march attracts 25,000

A weekly anti-Islam rally in the eastern German city of Dresden drew its biggest crowd yet on Monday, after organizers declared it a tribute to the victims of the terror attacks in Paris. Organizers said 40,000 people participated in the march, while Dresden police put the figure at more than 25,000 people — still more than the 18,000 who came last week.

hoods — in the wake of the attacks that killed 17 people last week. Brothers Cherif and Said Kouachi, as well as Coulibaly, their friend who claimed ties to Islamic extremists in the Middle East,



One of the 10,000 armed troops deployed to protect sensitive sites, including Jewish schools, patrols outside a Jewish School in the Marais district of Paris as children make their way home on Monday. JEFF J. MITCHELL/GETTY IMAGES

died Friday in clashes with police.

Prime Minister Manuel Valls said the manhunt is urgent because "the threat is still present" after the attacks that began Wednesday

with 12 people killed at the satirical newspaper Charlie Hebdo by gunmen the police identified as the Kouachi brothers.

Authorities said Coulibaly killed a policewoman Thurs-

day and then killed four people at a kosher supermarket Friday before all three attackers were slain in two nearly simultaneous clashes with security forces around Paris. THE ASSOCIATED PRESS

Quoted



"It's fair to say we should have sent someone with a higher profile."

White House spokesman Josh Earnest, making a rare public admission of error on behalf of the Obama administration, on the decision to let the U.S.'s ambassador to France be the most senior government official to attend Sunday's anti-terror rally in Paris.



"Doesn't the intelligence service there follow those who have been released?"

Turkish President Recep Tayyip Erdogan, on why two of the gunmen in the attacks in France were not monitored more closely after serving their prison sentences.

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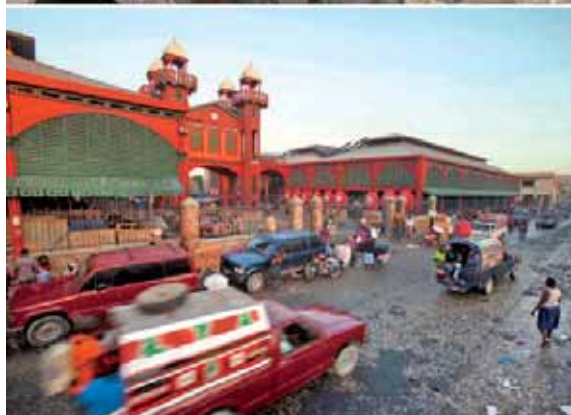


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Top: People sell goods outside the ruins of the old Iron Market on Feb. 15, 2010. Bottom: The market on Jan. 10, 2015, after being rebuilt by Haiti's biggest employer, Digicel. DARIO LOPEZ-MILLS, DIEU NALIO CHERY/THE ASSOCIATED PRESS

Five years after quake, Haiti's rebuild goes on

Mixed progress. Some areas have been 'built back better,' but others look much the same

It's been five years since the ground shook violently in and around Port-au-Prince, the overcrowded capital of Haiti, raising a cloud of dust over the smashed city and outlying towns.

The devastating 7.0-magnitude earthquake struck at 4:53 p.m. on Jan. 12, 2010, killing some 316,000 people, according to Haiti's estimates.

Some 1.5 million Haitians were left homeless, and the country's government was obliterated.

Desolate streets were filled with rubble and the piercing sounds of anguish.

Today, some hard-hit sites in Port-au-Prince have changed dramatically, and most lots are cleared of rubble. The historic Iron Market in downtown Port-au-Prince,

levelled by the 2010 quake, has been replaced by a colorful new landmark with decorative minarets and a clock tower.

The pancaked National Palace, its collapsed domed roof a powerful image of a government in ruins, has since been demolished and its wreckage cleared from the grounds.

Some of the broken white walls of the once-towering National Cathedral still stand. The site has attracted a few destitute Haitians, still living in tarp shelters.

A trash-strewn market area in downtown Port-au-Prince still looks ramshackle five years later, though splintered power lines have since been carted away.

Some places have seen more progress than others, but one thing is clear: Haiti still has a long way to go before it can say it has finally been "built back better," the goal repeatedly stated by reconstruction officials.

THE ASSOCIATED PRESS

Nigeria

Townpeople exterminated by Boko Haram

Survivors of an assault by Islamic militants that killed a large number of civilians in Nigeria have described days of systematic violence in which people were slaughtered "like insects."

The accounts were given by villagers who fled the carnage around the northeastern town of Baga. The killing unfolded over several days after Boko Haram seized a military base there on Jan. 3.

Amnesty International said there are reports that the death toll could be as high as 2,000, though some witnesses cite lower tolls in the hundreds.

In Washington, U.S. State Department spokeswoman Marie Harf said Nigeria needed to move forward with "credible and peaceful elections" on Feb. 14, despite the attacks, but acknowledged it would be difficult.

One survivor of the Baga violence, Ibrahim Gambo, estimated that more than 500 people may have died and said he did not know what happened to his wife and daughter.

The 25-year-old truck driver said he was part of a civilian militia that, bolstered by a belief that its fighters were protected by a magical charm, initially had success

in resisting Boko Haram. But the army told his militia group to pull back so a plane could attack Boko Haram forces, which surrounded Baga when the plane didn't arrive, Gambo said.

"It is sad that our fortification charm became ineffective once we showed fear," Gambo said. "As we were running for our lives, we came across many corpses; both men and women and even children," he said.

THE ASSOCIATED PRESS

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Market Minute



DOLLAR
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Natural gas: \$2.795 US (-15.1¢)
Dow Jones: 17,640.84 (-96.53)



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14,265.01 (-119.91)



OIL
\$46.07 US (-\$2.29)



GOLD
\$1,232.80 US (+\$16.70)

Business outlook

Cheap oil dims spirit of energy sector: BoC

The Bank of Canada's latest business outlook survey, released Monday, found companies in energy-rich Western

Canada planned to reduce their investments in equipment and hiring following the oil-price collapse.

On the other hand, Eastern and Central Canadian companies said they were planning to invest more, particularly in the manufacturing industry.

THE CANADIAN PRESS

Migrant smuggling

Social media new tool for Europe human traffickers

Migrants dreaming of Europe have their pick of social-media sites that work like an online travel agent, advertising

fares and offering tips on secure payments. Meanwhile, the traffickers who send them floating across the Mediterranean are buying scrapyards cargo ships over the Internet.

That's the picture of an increasingly sophisticated business in migrant smuggling painted by European officials. THE ASSOCIATED PRESS

Keystone XL. Pipeline clears Senate hurdle

The Keystone XL pipeline has passed a major procedural hurdle in the United States Congress. The U.S. Senate has agreed to move forward on a bill that would force President Barack Obama to approve the controversial Canadian oil infrastructure.

This is the first bill to advance in the newly sworn-in Congress and represents a demonstration of the new power wielded by the Republican Party since the midterm elections. Similar measures had repeatedly failed in the last Senate, controlled by

Democrats — but this time the measure has got 63 votes, three more than required to override a filibuster. The Senate's Bill 1 now moves back onto the floor for additional debates, which could lead to major amendments.

But there's one fly in the ointment for pipeline supporters: President Obama has already signalled he'll veto the bill because he says it's up to his administration, not lawmakers, to approve or reject cross-border infrastructure.

THE CANADIAN PRESS

Gros Morne. Artists push for buffer around park

Canadian artists, writers and musicians ranging from Hey Rosetta to novelist Joseph Boyden are pushing for action to protect Gros Morne National Park in western Newfoundland.

They've signed an open letter to Prime Minister Stephen Harper and Premier Paul Davis urging a buffer zone to prevent hydraulic fracturing and other development near the UNESCO world heritage site. Gros Morne received that designation from the United Nations in 1987 and draws

thousands of visitors each year. Its famous hiking trails wind through thick forests and across stunning cliff-top views over glacier-cut fjords.

The letter urges Harper and Davis to help create a buffer zone around Gros Morne "that will be kept permanently free from industrialization." Its 32 signatures include those of astronaut Roberta Bondar, writer Lawrence Hill of The Book of Negroes, musician Tim Baker of Hey Rosetta and actor Greg Malone of Codco.

THE CANADIAN PRESS

Mounties balk at paying Rogers to get their man

New fees. Dispute simmering over who should pay when police ask for help in investigating cases

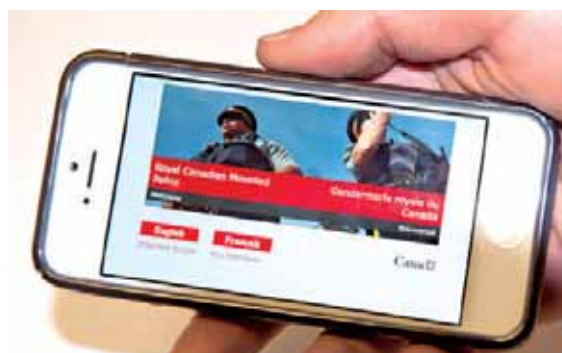
The RCMP and many other police forces are refusing to pay new fees imposed by Rogers Communications for helping them track suspects through their mobile phones.

Police say the telecommunications firm is legally obligated to provide such court-ordered services and to cover the cost as part of its duty to society.

Rogers says that, while it picks up the tab for most judicially approved requests, in some cases it will charge a minimal fee.

The quietly simmering dispute underscores long-standing tensions over who should pay when police ask telephone and Internet providers to help investigate cases.

It began late last May when Rogers wrote to RCMP divisions and other police services across Canada to say it would usher in new fees to law enforcement on Aug. 1.



A phone displays the RCMP website in this photo illustration. The RCMP and many other police forces are refusing to pay new fees imposed by Rogers Communications for helping them track suspects through their mobile phones. DOUG IVES/THE CANADIAN PRESS

The fees were meant to help execute warrants for tracking customers' movements through cellphone data and help produce affidavits certifying records when testimony is required to explain them in court.

RCMP officials responsible for covert operations told their superiors in a June briefing note there was no legal basis for the planned fees and that Rogers could be charged

under the Criminal Code for failing to comply with a court order if it refused to provide the services unless compensated.

The note, obtained by The Canadian Press under the Access to Information Act, points to a 2008 Supreme Court of Canada decision in which the judges said companies would generally be expected to comply with court orders on their own dime un-

Payments

Although they have concerns about the new Rogers fees, the RCMP says it did pay more than \$2 million to telecom firms in 2012-13 in connection with customer information and intercept-related activities.

less costs became unreasonable. In the case at hand, the court said it was not unreasonable for Tele-Mobile Co. to pay annual costs of between \$400,000 and \$800,000 to comply with production orders.

The RCMP note suggested that the Canadian Association of Chiefs of Police be asked to issue a collective response to Rogers that "police will not be paying the fees requested."

Rogers spokesman Kevin Spafford said the company dropped the demand for fees related to affidavits prior to the Aug. 1 changes.

However, where possible, Rogers does recover costs for location tracking of mobile devices, Spafford said.

THE CANADIAN PRESS



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VOICES

WINTER BIKING & THE BOILING FROG THEORY

Be the change you want to see in the world (or at least Ottawa) and keep riding even after the cold sets in



YOUR RIDE
Kathryn Hunt

I didn't always ride my bike all year.

I would put my bike away when the snow began to fly and dig it back out when the snowbanks receded. But then came the 2008-09 bus strike, and I got angry and got on my bike. The next fall, I simply didn't buy a bus pass in November. And then I didn't buy one in December. And then it was January, and buying a pass felt like giving in. And besides, it was only a few months to spring.

I tell people that winter biking is just like boiling a frog. Let's be clear: I haven't boiled any frogs. But the story goes that if you put a frog in cold water and slowly raise the heat, the frog won't notice.

It's the same with biking. When I think about winter riding in the summer, I can't quite picture it. But every January, there I am again, bundled up, dodging chunks of ice and lines of snow left by the plow, all my lights on, my bike covered in grit and road salt.

First, you come home one night and your hands are cold, so you get gloves. You start having to pack waterproof clothing, because when it rains, it's cold.

You switch, at some point, to a warmer jacket. Then you start wearing a hat under your helmet. Then comes the first time it snows while you're out and you have to ride home along the thin track of clean pavement left by the cars.

If you're like me, it helps that at each of these stages, someone will ask, "When are you putting the bike away?" and every time you answer "I'm not," you will get a little ego boost in reaction to their surprise.

Can't stop, won't stop

If you're like me, it helps that at each of these stages, someone will ask, "When are you putting the bike away?" and every time you answer "I'm not," you will get a little ego boost in reaction to their surprise.

And then it's done. You're wearing waterproof pants, you've gotten used to narrower roads and you've learned how to check over your shoulder despite your jacket and scarf. If you're like me, it becomes part of your identity and there's no putting the bike in storage after that.

I feel great when I get home. I enjoy the tingling in my skin from the cold air and the way my lungs feel cleaner and a little worked out after a ride.

I also really do feel that being out there riding in the winter is helping cycling in general. Not to steal a phrase, but it really is "being the change you want to see." I go out in the winter and ride, showing people that it's not just possible but fun. Maybe more people will consider it — or at least get used to sharing the road with me. And I feel like the number of bikes on the road in all weather is a really good indicator of how nice a city is to live in.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.



Kathryn Hunt and her trusted steed brave the winter cold. CONTRIBUTED

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Humour has both power and consequences

These are dark days for those who want to believe that the pen is mightier than the sword.

The attack on French satirical newspaper Charlie Hebdo has caused grief and soul-searching around the world. It's exposed the risks humorists can run — only intensified in an era of instant global communication when starkly opposed ideologies can collide.

British cartoonist Gerald Scarfe expressed his anguish in the Sunday Times newspaper with the image of a sword slicing off a hand holding a pen. In the Sunday Telegraph, Bob Moran depicted a cartoonist in full body armour under the slogan Keep Calm and Carry On. For centuries, satirical stories and cartoons have mocked the powerful and sacred in the societies that produced them. Often they drew harsh reaction. Offending an absolute monarch could mean death. Well into the 20th century, comedians from Lenny Bruce to the editors of British magazine Oz were prosecuted for offending society's sensibilities.

Today, societies in countries like France are more diverse than ever before. Once overwhelmingly Catholic, France is now an officially secular country with five million Muslims, about 7.5 per cent of the population. There's less consensus on what's taboo and where the boundaries of taste and offence lie.

And now that words and images move around the world at the click of a mouse, there are more chances for provocative humour to collide with rigid ideas, whether Islamic fundamentalism or North Korean communism.

Charlie Hebdo springs from a French satirical tradition that reaches back to the republic's revolutionary roots: rude, scabrous, an enemy of power and piety. Its targets have included popes, politicians — and the Prophet Muhammad. Many Muslims believe all images of the prophet are blasphemous; Charlie Hebdo's cartoons could be deliberately crude and outrageous, once showing Muhammad as a star in a porn shoot.

Some witnesses reported that the attack-

ers who killed 12 people at the paper's offices shouted, "We have avenged the prophet."

The attack is another chapter in a story that stretches back to Salman Rushdie's 1988 novel *The Satanic Verses*, whose ironic take on the prophet drew a death edict from Iran's religious authorities. The British Rushdie lived in hiding under police protection for years. Many miles from both Britain and Iran, his Japanese translator was stabbed to death. Rushdie's Italian translator and Norwegian publisher were also attacked but survived.

The attack on Charlie Hebdo is the latest shocking reminder that humour has both power and consequences. That fact is not lost on imprisoned Russian punks Pussy Riot or detained Egyptian TV satirist Bassem Youssef but is often forgotten in the West, where it has become rare for humour to cause physical protest.

Since the attack on Charlie Hebdo that killed 12 people, hundreds of thousands of people around the world have gathered to pro-

claim, "Je suis Charlie" (I am Charlie).

Despite the show of solidarity, some fear the violence will lead to self-censorship by artists and publishers.

British cartoonist Martin Rowson said last week that he wanted to respond to the Paris killing with a cartoon of Muhammad wearing a "Not in my name" T-shirt. Instead, Rowson drew himself slumped at his easel in a cartoon for *The Guardian*. His loved ones, the caption explained, "don't want me to risk getting murdered offering a few of you lot a wry smile."

Mad magazine editor John Ficarra, in a taped statement for CBS News' "Sunday Morning" that was aired two days after the end of the France attacks, acknowledged initially being fearful of appearing on the program.

But he closed with a defiant message.

"On the other hand, come Monday morning, my staff and I will be back at work on the next issue of *Mad*."

"What, us worry?"

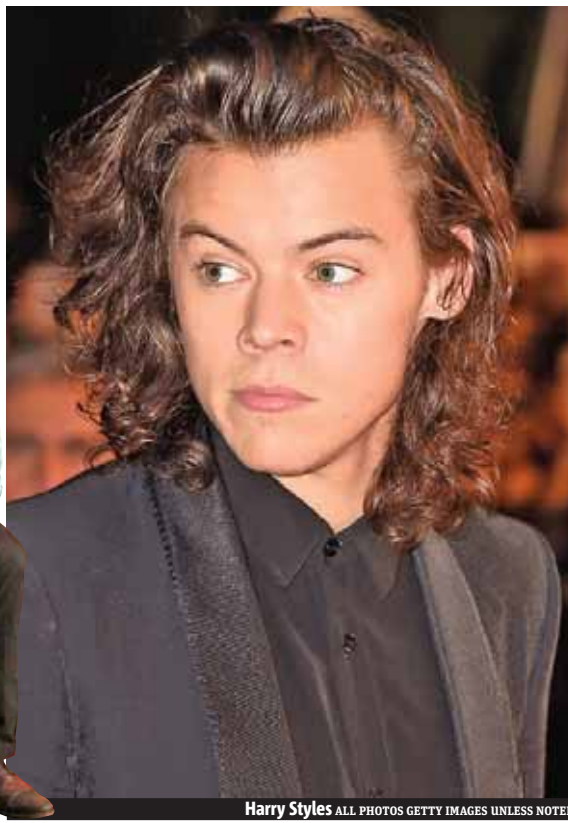
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Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Harry Styles ALL PHOTOS GETTY IMAGES UNLESS NOTED

Harry is dating in style but wants to keep it secret



One Direction's most likely solo artist, Harry Styles, has earned himself another celebrity merit badge — this time for Victoria's Secret model-dating. Nice work, Style!

The floppy-haired crooner has reportedly been getting quite cosy with Nadine Leopold as of late.

"Harry has been getting more serious with Nadine," a source tells Us

Nadine Leopold

Weekly, adding that the pair are "spending lots of time together" lately.

But another source insists we shouldn't read too much into their quality time.

"Harry is having a good time being a young rock star," the second source says.

"You will know he has a girlfriend when he steps out on the red carpet with one.

"Until then, he's having fun and enjoying life."

I guess that's us told. Still, congratulations?

Rowling twists tweet right back at Rupert



J.K. Rowling

If social media is good for anything, it offers a fantastic platform for witty comebacks.

J.K. Rowling used it for just such a purpose after Rupert Murdoch riled folks with his Charlie Hedbo-related tweet insisting all Muslims need to be held accountable for the actions of the men behind last week's attack in Paris.

Instead of just shouting back, Rowling turned his own twisted logic against him, posting, "I was born Christian. If that makes Rupert Murdoch my responsibility, I'll auto-excommunicate."

And folks in the Twitter-verse seemed to agree with her, as her tweet quickly earned more than 20,000 favourites, compared to Murdoch's 3,000.

Stars shed their clothing as Golden Globes venue cranks up the heat

If you thought the stars at the Golden Globes looked a little shinier than usual, you're not wrong.

Turns out the air conditioning at the Beverly Hilton just wasn't on Sunday night. Couple that with the rain that plagued Los Angeles all weekend and you've got one humid ballroom, illustrated by glistening presenters, multiple men — like Benedict Cumberbatch and Matthew McConaughey — ditching their jackets, and actresses furtively fanning themselves.

One attendee even passed



Benedict Cumberbatch

out at his table, prompting a visit from paramedics during the show. Fun times.

Is Beyoncé's bump a baby or just a saucy daughter?

It seems Beyoncé can't even enjoy a simple afternoon of being buried in sand by Blue Ivy without everyone jumping to the conclusion that she's expecting again.

But that's probably because her three-year-old daughter decided to give her a rather noticeable bump in

sand sculpture form.

Beyoncé posted an Instagram pic of herself under the sand, and set off a firestorm of speculation.

Maybe this really is her way of announcing the news? Or maybe Blue Ivy is just being extra-critical at a surprisingly young age.



Beyoncé INSTAGRAM

Chris Brown jokes, panics as shots fired at his show

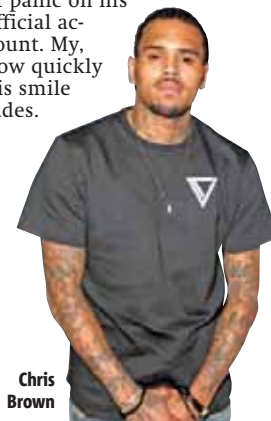
A recent Chris Brown show in San Diego ended in chaos after gunfire rang out at a Fiesta nightclub while the embattled singer was on stage, according to TMZ.

Video from the gig shows Brown noticing a scuffle and making light of it before shots were fired and his security sprang into action.

Police sources say five people were wounded in the incident, although no suspects have been named.

Brown, no stranger to gunfire at his events, didn't seem that weirded out by it. He even shared a

Vine of the moment of panic on his official account. My, how quickly his smile fades.



Chris Brown



Mark Ronson is the mastermind behind Uptown Funk, the No. 1 song in the U.S. right now, but he's still referred to as "the white guy in the Bruno Mars video." GETTY IMAGES

Mark Ronson loves being all funky up

New album. Producer has No. 1 song in the U.S. as he gets ready to release Uptown Special

Mark Ronson has multiple Grammy Awards and the current No. 1 song in the U.S. and U.K. Still, he had to agree when a photographer recently called him "the white guy in the Bruno Mars video."

Ronson, soft-spoken and analytical, is happy to stand just outside the spotlight as he promotes Uptown Special, his fourth album, out today. He recorded over the last year with producer Jeff Bhasker (Kanye West, fun), and enlisted author Michael Chabon, who won the Pulitzer Prize for fiction in 2001 for the novel The Amazing Adventures of Kavalier & Clay, to write lyrics.

The 39-year-old British producer partnered with Mars on the hit Uptown Funk, a throw-back tune influenced by early 1980s funk groups like The Time. It's become the biggest hit for Ronson, best known for producing Amy Winehouse's Back to Black.

Ronson spoke at Bhasker's poolside music studio in Venice about collaborating with

Chabon and Mars, whom Ronson worked with on the crooner's hits Locked out of Heaven and Gorilla.

You've had success as a writer and producer, but Uptown Funk is a huge hit that's your song. How significant is that to you?

I know of course it has so much to do with Bruno. It's like even if the record was garbage, it's Bruno Mars, you're guaranteed a certain level of attention, right? ... I'm as proud of (Uptown Funk). ... It's awesome, but at the same time it almost feels like it's happening to somebody else.

Are you taking tips from Mars on how to handle the attention? He seems to thrive on energy of fans, but I don't get the sense that you do.

When you're going on tour and you get to play these songs that you wrote and get the thing from the crowd, that is fun. But when you're standing next to somebody like Bruno Mars — probably, maybe the greatest male live performer-entertainer of his generation — there's no need to try and claw some of the spotlight for yourself ... There was some MTV thing that (called us) 'Pop's new power couple.' ...

I just wrote him an email. I was like, "Is it weird that I get a nice feeling when someone calls us a power couple? As if we're Barry Diller and Diane von Furstenberg or something. Do we need a name — like Brark Manson?"

Once Michael Chabon gave you lyrics, you had to say no to some of them. What's that feel like?

So I would have a piece of music and Michael would have these amazing lyrics, much cooler and more interesting than anything I've ever worked on, which is why I asked him to be a part of it. But maybe sometimes I'd realize it was more interesting than I was even with my pop sensibility attuned to. Some of the lyrics, they were Leonard Cohen-like — these stories of these kind of dark people that were awesome but maybe for the music that I'd written it didn't seem to fit. ... Jeff (Bhasker), in his endearing but super-blunt way, has these really adamant rules about songwriting. "These words, no you can't say that 'cause that word doesn't sing well and you have to have more repetition here, nobody's going to want to hear that."

THE ASSOCIATED PRESS

We may never be royals, but we can listen to King, have custom-made songs and enjoy a new album



SOUND CHECK
Alan Cross
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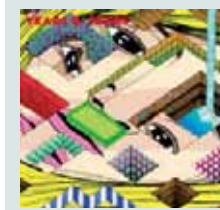
Continental Shelf/Viet Cong

Rising from the rubble of Calgary's well-regarded Women, Viet Cong's highly anticipated self-titled album will be out next Tuesday. An early contender for the 2015 Polaris Music Prize?



Firefly/Hollerado

The boys from Ottawa promised that the first 111 fans to pre-order their last record would get a custom-written song about them. The results are on 111 Songs, due March 24. Here's 1/111th of that record.



King/Years & Years

Every January, the BBC conducts a poll of music wonks to determine which new artist has the best chance of breaking out over the next 12 months. Previous winners have included 50 Cent, Keane, Adele, Haim and Sam Smith. This year's winners are from London.

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Science versus celeb culture

New book. Author Timothy Caulfield reveals how much we're being duped by celebrities' advice on well-being

IZABELA SZYDLO
life@metronews.ca

Demi Moore has used leeches to detoxify her blood. Katie Holmes swears by snail slime to clear acne and reduce wrinkles. Gwyneth Paltrow is an avid promoter of, well, all things health — including the ever-popular cleanse.

But do any of these or other celebrity health endorsements and advice hold any scientific weight?

For his book *Is Gwyneth Paltrow Wrong About Everything?* Canadian author, professor and health policy expert Timothy Caulfield spent a year not only extensively researching and talking to a myriad of experts, but also trying some celebrity-recommended health, diet and beauty routines.

Gwyneth's name appears in the title and she is peppered throughout the book. Why is she such an easy target?

I genuinely like her and she seems like a sensible person, which is one of the reasons I was so fascinated by her. But she gives very explicit advice about our health, which does make her a pretty easy target in this area.

The book looks at the illusions that anyone can be a celeb and that celeb status is worth having, but focuses mainly on health and wellness. What are the dangers of buying into the pseudoscience of celeb



Gwyneth Paltrow uses the blog of her e-commerce site, Goop, to promote the Clean Cleanse, which she swears by. Caulfield found that no scientific study appears to back up the theories put forth by the detox industry that cleanses clear toxins, parasites or even bad karma in a manner beneficial to our health. GETTY



Timothy Caulfield. LUCY HAINES/METRO

health advice?

It pulls us away from the simple truth of what we need to do to be healthy. It also helps to legitimize pseudoscience, which hurts our ability to be a critical thinking society. In addition to that, the solutions that are offered are about short-term results using drastic measures for the purpose of achieving a particular esthetic goal.

You debunk a lot of hot topics — gluten-free, organic, drinking water to hydrate your skin, anti-aging creams, supplements, vitamins and more. What surprised you the most?

I was really surprised at how little good science there was on beauty and anti-aging products. There's nothing out there that's independent and really trustworthy considering billions of dollars are spent in this industry. The other one is juicing. It may give you variety in your vegetable and fruit intake but there's certainly nothing magical about it. It doesn't enhance anything health- or nutrition-wise.

You mention keywords we should be aware of such as detox, toxins and cleanse.

Why do you think they appeal to people?

"Detox" is a semi-scientific sounding word and it pulls on our instinctive belief in how our body works. Therefore, it helps to legitimize the idea of a cleanse. Who wants toxins in their body? And it plays to people's fears about pollutants in our world and food, and offers a "solution" to that problem.

How frustrating is it for you, having written this book, to know that celebrity voices trump science?

It is very frustrating but that's one of my big conclusions now: The scientific, research, university and health care communities, we need to become part of the discussion. And the other thing I think is really important is having a

Tim's top health tips



In the book *Is Gwyneth Paltrow Wrong About Everything?*, hitting shelves today, Tim includes the tried and tested ways to a healthy life.

- Don't smoke.
- Stay active, exercise regularly, and include some vigorous activities.
- Eat a balanced and calorie-appropriate diet that includes lots of fruits, vegetables, whole grains, lean protein, etc.
- Maintain a healthy weight (tough, I know).
- Wear sunscreen.
- Get an appropriate amount of sleep (which, for most, is between seven and nine hours a night).

trustworthy source of information that's independent and that people feel isn't coming from a compromised place. I hope the book isn't a downer, but liberating, so people don't have to worry about all that pseudoscience crap and can focus on the kind of stuff that really helps overall well-being.



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THIS WEEK: *Do I Have To Floss?*



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Stick a skewer into sweet, tangy peanut chicken



This recipe for Spicy Peanut Chicken Satay takes 25 minutes to make and serves six. MATTHEW MEAD/THE ASSOCIATED PRESS

Spicy Peanut Chicken Satay. This is a great meal as it is, but you could take it further by serving the whole thing in a pita wrap

This easy, weeknight-friendly chicken dinner is a bit of a cultural mash-up. Deliciously so. Start by bathing hard-to-overcook chicken thighs in a robust satay-style sauce. The sauce delivers a sweet-tangy-savory-spicy blend of flavours thanks to ample amounts of brown sugar, cider vinegar, fish sauce and garlic chili paste. And tying it all together? Finely ground peanuts, which lend both a richness and a hearty texture to the sauce.

As a balance to all those big flavours, the cooked chicken gets dressed with diced tomatoes and avocado, a cooling and fresh contrast to the warm chicken. Finally, a hearty sprinkle of malt vinegar (the usual condiment for fish and chips). It has a tangy

Ingredients

- 1 cup roasted peanuts
- 1/2 cup packed brown sugar
- 1/2 cup cider vinegar
- 1/4 cup fish sauce
- 1/4 cup garlic-chili paste
- 1/4 cup tomato paste
- 2 tablespoons grated fresh ginger
- 8 boneless, skinless chicken thighs, each cut into 3 strips
- 6 medium plum tomatoes, diced
- 3 avocados, pitted and diced
- kosher salt
- malt vinegar, to serve

sweetness that pulls everything together.

As is, this is a great meal. But you could take it even further and serve the whole thing in a pita wrap. Or continue the cultural amalgamation by chopping the chicken and piling everything over nachos.

1. Place the peanuts in a food processor. Using the pulse button, grind them until very fine. Be careful not to over-grind; the peanuts should resemble bread crumbs, not peanut butter.

2. Transfer to a large bowl, then mix in the brown sugar, vinegar, fish sauce, garlic-chili paste, tomato paste and gin-

ger. Add the chicken, stirring to coat well, then refrigerate for at least 1 hour and up to overnight.

3. When ready to cook, heat the grill to medium-high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

4. Thread the chicken onto skewers. If using bamboo skewers, soak them in water for about 30 minutes first to prevent them from burning.

5. Grill the chicken for 5 to 7 minutes, turning once. To serve, pile several skewers per plate, then spoon diced tomatoes and avocado over them. Season with salt and malt vinegar. **THE ASSOCIATED PRESS**

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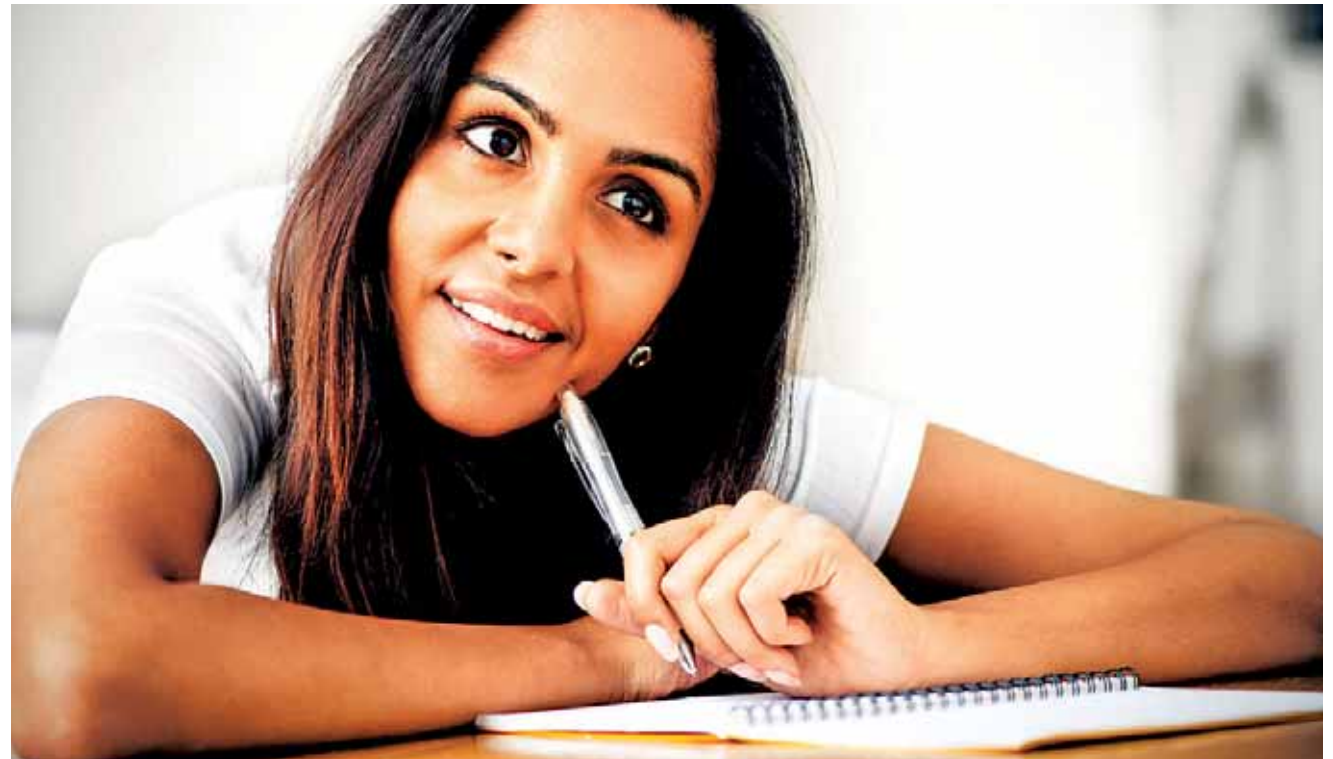
Is it time to reinvent yourself?

The onset of the new year often brings resolutions, and many people who make them have post-secondary education goals in mind. Perhaps you want to reapply yourself to your current studies after the holiday break, find the finances to finish a program, or decide whether you want to change your area of study altogether.

The latter case is especially common, with several students dropping out of school at the end of the first term or sometimes after the first few weeks.

"Many young people transitioning straight from high school to college or university haven't given enough thought about what their potential career job really looks like and whether they have the skills and aptitude for it," says Laurie Edwards, the Halifax-based director of career and counselling services at the Nova Scotia Community College.

Before making a decision and applying to a program, Edwards advises doing these three things: Read about the career; talk to someone working in the industry; and try it on for size by volunteering or interning.



SHUTTERSTOCK

Students who choose to drop out should realize that they are going to have to describe their decision in a positive way to potential employers during job interviews. For example, they could explain that they tried the program but didn't feel it was

the right fit for the long term, so they have decided to work to replenish their finances while they investigate their next education steps.

If you like your program but you are struggling with finances or your grades are

slipping, it doesn't mean you have to quit.

"Check with the student services and business offices on your campus for financial assistance and look into getting a tutor to help improve your grades," Edwards says.

— Jane Doucet



CONTRIBUTED

SAINT PAUL HOSTING OPEN HOUSE JAN. 21

Located in the heart of the nation's capital, Saint Paul University (est. 1848) is the founding college of the University of Ottawa, where it has been federated since 1965. A bilingual institution, it offers undergraduate and graduate study programs. Saint Paul University (SPU) is known for its small class sizes, personalized service, diverse student population and international vision, solid reputation, rich history, and Catholic intellectual tradition.

According to the 2014 National Survey of Student Engagement, 95 per cent of first-year student respondents would choose SPU again,

and 96 per cent of graduating students rated their SPU experience "good" or "excellent." SPU also has an excellent track record in terms of employment prospects. According to the Graduates Employment Survey conducted by the Ontario Ministry of Training, Colleges and Universities in fall 2013, 95 per cent of SPU graduates found employment within six months of completing their studies.

Thinking about going back to school this year? Make it happen by learning more about your program of interest and the registration process. Drop by Saint Paul University's open

house on Jan. 21 from 4:30-7:30 p.m. Meet professors, tour the campus and find out more about one of Ottawa's best kept secrets.

The school offers a variety of courses in social communication, counselling and psychotherapy, public ethics, conflict studies, group intervention and leadership, and human relations and spirituality. Humanities and social sciences courses develop the intellectual skills necessary for a democratic and engaged society capable of assessing ethical choices and sustainable futures.

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\$2-million lawsuit

Lafleur suing Quebec Crown, Montreal police

Former Canadiens superstar Guy Lafleur is seeking more than \$2 million from the Crown and Montreal police in legal proceedings that began Monday.

Lafleur testified in 2007 at his son Mark's criminal case and was the subject of an arrest warrant in 2008 when the Crown deemed he had given contradictory testimony.

He was found guilty in 2009 before the conviction was overturned on appeal a year later.

Lafleur, 63, is arguing the arrest warrant was exaggerated and unjustified and that his life has been adversely affected by the criminal case against him.

THE CANADIAN PRESS

NFL

Broncos split with head coach

Coach John Fox and the Denver Broncos are parting ways following the team's latest playoff meltdown.

Fox won the AFC West all four of his years in Denver, but each of those seasons ended in ugly fashion in the playoffs, culminating with Sunday's 24-13 loss to Indianapolis.

THE ASSOCIATED PRESS

NCAA football

Go to metronews.ca for coverage of Monday night's NCAA football national championship game between the Ohio State Buckeyes and Oregon Ducks in Dallas.

'I think FIFA has made their decision'

Turf war. Wambach meets with official but doubtful organization will agree to play 2015 Women's World Cup on grass

Top female players have taken a protest against artificial turf at the World Cup in Canada to FIFA secretary general Jerome Valcke, though with little hope of success.

American forward Abby Wambach and Germany midfielder Nadine Kessler met a FIFA delegation in Zurich Monday, ahead of the women's top player award announcement at the Ballon d'Or ceremony.

Wambach said at the players' official FIFA news conference that they talked "openly, candidly" with Valcke, but did not expect natural grass pitches to be approved ahead of the June 6 kickoff.

"I think FIFA has made their decision and they are sticking to it," the 2012 FIFA player of the year said. "The powers that be, the logistics, the timing — it just may not happen."

"It's tough because as female athletes we want to be treated equal, and we want to be playing on grass," Wambach said.

Wambach and Brazil forward Marta, the third candidate for the 2014 player award, have supported an anti-discrimination action filed in the Human Rights Tribunal of Ontario.

A lawyer for the rebel faction of women said a counter-



Marta and Abby Wambach speak on stage during the FIFA Ballon d'Or award ceremony on Monday in Zurich.

FABRICE COFFRINI/AFP/GETTY IMAGES

Timing off for disgruntled players

"If we had better dialogue over a year ago, two years ago, when these decisions were really being made, maybe we could have put together a coalition sooner to fight this."

American soccer player Abby Wambach

proposal was also made to FIFA — that the 2015 Canadian tournament be played on artificial grass until the semifinals, third-place and final matches.

The proposal calls for temporary natural grass surfaces to be installed at Olympic Sta-

dium in Montreal, Commonwealth Stadium in Edmonton and B.C. Place Stadium in Vancouver for those four games.

Lawyer Hampton Dellinger said FIFA had apparently wasted little time rejecting a proposal that would have settled the dispute.

"The battle over the use of plastic pitches at the women's World Cup can easily and quickly come to a peaceful resolution," he said in a statement. "All FIFA and the Canadian Soccer Association need to do is accept the players' feasible, affordable, and more than fair deal. FIFA and CSA have no legitimate excuse to reject the players' proposal and, if they have, I urge them to reconsider."

FIFA spokesman Nicolas Maingot said Valcke had promised, at the meeting, to include players more in future discussions. THE ASSOCIATED PRESS

Ronaldo caps hat trick with third Ballon d'Or



Cristiano Ronaldo, left, is congratulated by FIFA president Sepp Blatter after winning the Ballon d'Or as the men's soccer player of the year in Zurich on Monday. ENNIO LEANZA/KEystone/THE ASSOCIATED PRESS

For the third time, Cristiano Ronaldo was voted the world's best soccer player. He hopes it also brought him closer to being remembered as one of the greatest of all time.

Ronaldo won the FIFA Ballon d'Or in a rout on Monday, racking up more than twice the votes of Lionel Messi, who edged German goalkeeper Manuel Neuer into third.

Only Messi's four FIFA awards is ahead of the 29-year-old Ronaldo.

"I want to become one of the greatest players of all

time," Ronaldo said through a translator in his acceptance speech. "Of course, this requires a lot of effort and I hope to get there."

The Real Madrid and Portugal forward retained football's highest individual honor after scoring 61 goals last year. His record tally of 17 in a Champions League season helped Madrid win an unprecedented 10th European Cup title — and overshadowed a relatively disappointing World Cup campaign.

THE ASSOCIATED PRESS

Women's player of the year

Germany midfielder Nadine Kessler beat two former winners — Marta of Brazil and United States forward Abby Wambach — to be named the best women's player in 2014.

Nadine Kessler
AFP/GETTY IMAGES



4 SPORTS

How Hasek made hockey history



Hall-of-Famer Dominik Hasek will have his No. 39 retired when the Sabres take on the Detroit Red Wings on Tuesday night in Buffalo. DOUG PENSINGER/ALLSPORT FILE

'The Dominator'. Hall-of-Fame goaltender to have his No. 39 retired by Buffalo Sabres

Dominik Hasek used to set up a puck machine, aim it to fire just under the cross-bar and lie down in the crease. With pucks coming as fast as they could fly, Hasek would kick one of his legs in the air with perfect timing and stop the shots.

The hockey world is full of similar stories of Hasek's unique training regimen, and there's a seemingly unending highlight reel of show-stopping saves he made during his NHL career.

Call him crazy, but also call him one of the best goaltenders in history.

"There was definitely a method to all of his madness," former NHL goaltender John Davidson said. "(He could) make saves you're not supposed to make. He was quick, but he knew how to read plays and he could find a way to get it done by twisting his body and

rolling over. Whatever it took, he got it done."

A six-time Vezina Trophy winner as the top goaltender and two-time Hart Trophy winner as league MVP, Hasek was inducted into the Hockey Hall of Fame in November. On Tuesday night the Buffalo Sabres, with whom he had his best years, will retire his No. 39 before their game against the Detroit Red Wings, with whom he won the Stanley Cup.

Playing in an era alongside Patrick Roy and Martin Brodeur, Hasek "stuck out like a sore thumb," according to goaltending analyst Justin Goldman of The Goalie Guild. Goldman said Hasek's "kinesthetic sense" of how to control his muscles and mind and body set him apart.

Hasek, a native of the Czech Republic, was able to grow into his own style of goaltending, Goldman said, because he wasn't over-coached at a young age. Whereas most goalies follow a cookie-cutter approach, Hasek knew he could be himself by knowing his body, shooters' tendencies and the flow of the game bet-

Quoted

"He literally was a genius. He loved to play chess; he was very, very competitive in chess. And if he wasn't a hockey player, he probably would've been able to score high enough on an IQ test to be in Mensa."

Justin Goldman of The Goalie Guild, also the author of 'The Power Within: Discovering the Path to Elite Goaltending'

ter than most.

Even if his style looked complicated, his philosophy wasn't.

"I felt until the puck crosses the line, you still have the chance to do (something)," Hasek said before going into the Hall of Fame.

Hasek made memories by backstopping the Sabres to the 1999 Cup final at the tail end of his prime, during which he led the NHL in save percentage six straight years. He finished his career with 389 victories, a goals-against average of 2.20 and save percentage of .926.

THE CANADIAN PRESS

Rex Ryan

From Broadway to Buffalo

The Bills announced in a news release Monday that Rex Ryan has been hired to take over as coach.

Ryan replaces Doug Marrone, who stepped down abruptly on Dec. 31.

The 52-year-old is a defensive specialist. Ryan had a 50-52 record with, including 4-2 in the playoffs, in six seasons coaching the New York Jets. He was fired along with GM John Idzik following a 4-12 finish last season. **THE ASSOCIATED PRESS**

Aaron Hernandez

Day 2: Jury selection resumes in ex-Pat's murder trial

Jury selection in the murder trial of former New England Patriots star Aaron Hernandez resumed Monday for a second day.

Prosecutors say Hernandez, 25, and two friends, Carlos Ortiz and Ernest Wallace, picked up Odin Lloyd, 27, at his home in Boston and took him to an industrial park near Hernandez's home, where he was shot to death. **THE ASSOCIATED PRESS**

NFL. Complex non-catch not the only ruled rule

Hours after Dallas was defeated in Green Bay, the player at the centre of that game's most memorable sequence spoke for millions of other football followers than just the Cowboys and their frustrated fans.

"I accept it," wide receiver Dez Bryant tweeted, "but please change that rule."

His leaping 31-yard reception on fourth down landed at the one in the waning minutes, but the call was overturned by a Packers challenge and Green Bay took a 26-21 victory to the NFC championship game.

Since this happened at such a pivotal point of such an important game, strict parameters will likely stay in first place on the public's list of gripes for a while. There are worthy competitors for the most ruled rule, though:

Excessive celebration

New Orleans Saints tight end Jimmy Graham's signature crossbar slam dunk in the back of the end zone was the most recent creative act to land on the no-no list. Entertainment is what pulls so many millions of people into these games each Sunday during the season, and the NFL's various attempts to limit on-field flamboyance following touchdowns or even sacks have triggered many a complaint.



Dez Bryant GETTY IMAGES

Defensive pass interference

The NCAA's punishment is 15 yards, but the NFL puts the ball at the spot of the foul, even if that happens to be inches from the end zone after a 40- or 50-yard penalty. Without replay reviews allowed in these cases and much contention about what's allowable for down-field contact and what's not, the pass interference flag is perhaps the most debated in the sport. So there's no worse feeling for the offending team to see the opponent get first and goal with disagreement with the call in the first place.

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Try to be more logical in your thinking. If you look honestly at what happens today you will realize it is nowhere near as bad as certain people try to make out.

Taurus

April 21 - May 21

You will notice someone today who for some reason you never noticed before. What other things have you overlooked?

Gemini

May 22 - June 21

A co-worker will give you a hard time over the next 24 hours but you must not give them a hard time back.

Cancer

June 22 - July 23

Don't worry if you find yourself moving in the opposite direction to everyone else today because no harm will come of it.

Leo

July 24 - Aug. 23

You may be tempted to get involved with something that appeals to your adventurous nature but can you be sure it will work out okay? No you can't is the answer, but if you knew it would then it wouldn't be so much fun!

Virgo

Aug. 24 - Sept. 23

If you allow yourself to get submerged in details over the next 24 hours you will almost certainly miss something big. Try to see the bigger picture.

Libra

Sept. 24 - Oct. 23

What happens today may surprise you but it will also change your life in interesting ways.

Scorpio

Oct. 24 - Nov. 22

You may have strong opinions about certain issues but what happens today and tomorrow will force you to question some of your long-held beliefs.

Sagittarius

Nov. 23 - Dec. 21

Take care when dealing with someone you don't know very well. They may try to make you believe they are experts in their field but do you have any evidence of that?

Capricorn

Dec. 22 - Jan. 20

Partnerships and relationships are under good stars today but you will only feel the benefit if you make an effort to think — and feel — outside your usual range.

Aquarius

Jan. 21 - Feb. 19

Someone who does not approve of your desire to come and go as you please will try to clip your wings today. They will only succeed if they convince you that it's for your own good.

Pisces

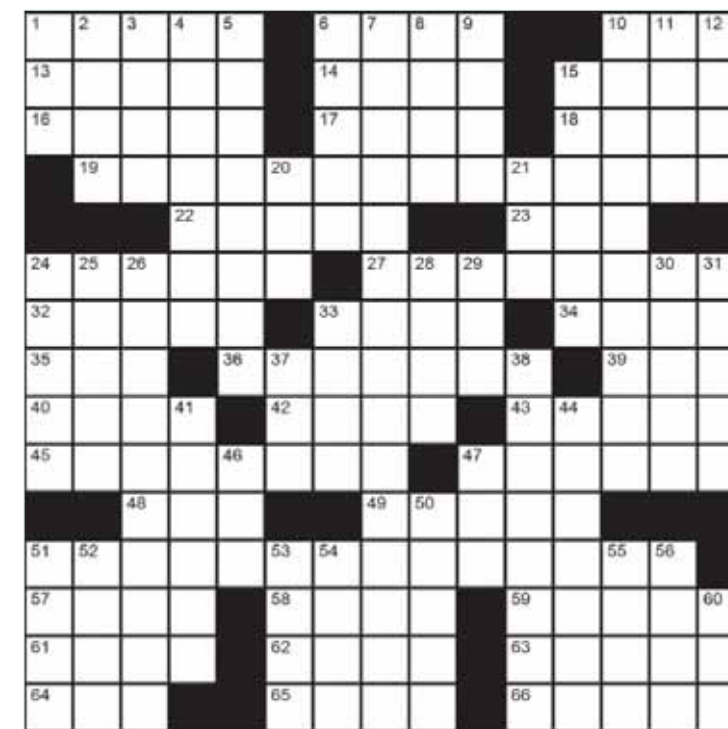
Feb. 20 - March 20

The message of the stars today is that you should finish what you have already begun rather than start something new.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Acid kind
6. Castaways' constructions
10. Lightly apply
13. The Primal Scream writer Arthur
14. Organic compound
15. Hide
16. Evoke "Eeks!"
17. "___ Angel" (1933)
18. Bypass
19. Sly & The Family Stone hit: 2 wds.
22. Painting outdoors = En ___ air
23. Pou ___ (Vantage point)
24. White poplar trees
27. Literary critic Mr. Frye born in Sherbrooke, QC
32. 'Octomom' Ms. Suleman
33. Most marvelous
34. One just getting by
35. "Promiscuous" singer ...her initials-sharers
36. For each day: 2 wds.
39. Three non-consonants
40. "Live ___!" (Old consumer-themed Canadian show)
42. Tapes, tiny-ly
43. Cain's brother's namesakes
45. "...to fight the



horde and sing and cry, ___ I am coming." - Led Zeppelin, "Immigrant Song"

58. Adjoin
59. Perform, Shakespeare-style
61. British streetcar
62. Soccer legend
63. Habituate, variantly
64. Francisco's partner
65. Three: Spanish
66. Asgard denizens

Down

1. Car racer Mr. Foyt's
2. King's staff
3. ___-formation (How Canada Geese fly)
4. Beatles tune that starts "This happened once before...": 2 wds.
5. Jump that bit too

far

6. The ___ Chronicles (Wendy Wasserstein play)
7. Spacecraft without astronauts: 2 wds.
8. Stylish
9. Swill
10. "Steven and Chris" relationship dilemma game: 3 wds.

11. Botanical casing
12. Memory unit
15. Playwright, Clare ___ Luce
20. "For sure!"
21. Ballpark fig.
24. Couple's yrly. celebration
25. UK's Oscar equivalent
26. Canadian comedy team Wayne & Shuster were guests on his show more than any other act: 2 wds.
28. 'Psych' suffix
29. Commuter's regular course, briefly
30. Trompe l' ___ (Visual illusions)
31. Commonplace
33. Belgian songwriter Jacques
37. Schubert's The ___ King
38. Central concept: 2 wds.
41. Prodigy, puny-ly
44. "No Matter What": Hit for what Irish group?
46. Electrical discharge
47. Jazz style
50. Feminine suffix [pl.]
51. Dynamites
52. Lively circle dance
53. Deeply absorbed
54. Slangy 'super'
55. Greek Myth: Supreme god
56. Longfellow's bell town
60. Him opposite

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

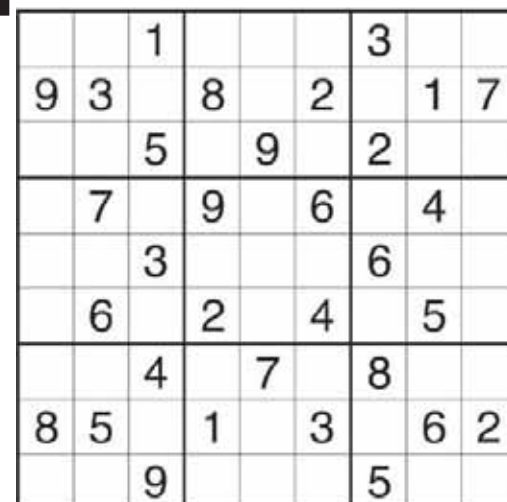


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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